

## CLAIMS

What is claimed is:

- 1     1.     A method for taking a dental impression comprising the steps of:  
2             selecting a dual arch dental impression tray suitable for taking an impression of the oral  
3     structure of interest;  
4             placing a quantity of impression material in the tray;  
5             placing the impression-material-loaded tray in the patient's oral cavity;  
6             causing the patient to bite into the impression material;  
7             utilizing a means for reducing the rigidity in the tray's frame.  
8             allowing the impression material to cure; and  
9             removing the impression and tray from the patient's oral cavity.
  
- 1     2.     The method of Claim 1 wherein the means is utilized by severing a connection member  
2     within the tray's frame that affixes two sections of the frame together.
  
- 1     3.     The method of Claim 1 wherein the means is utilized by manipulating a component of the  
2     tray.
  
- 1     4.     The method of Claim 3 wherein the component manipulated is selected from the group  
2     consisting of wires, strings, rods, levers, handles and pins.

1        5.        The method of Claim 1 wherein the means is a wire removably attached to the tray's frame  
2        and which is utilized by pulling it.

1        6.        The method of Claim 1 wherein the means is a pin engaged with the tray's frame and which  
2        is utilized by pulling or pushing on it directly or indirectly.

1        7.        The method of Claim 1 wherein the means is a handle attached to the tray and which is  
2        utilized by either disengaging it from the tray or releasing the user's grip.

1        8.        The method of Claim 1 wherein the means is a clamp securing two parts of the tray to each  
2        other and which is utilized by releasing or removing the clamp.

1        9.        The method of Claim 1 wherein the means is low temperature thermoplastic material within  
2        the tray engaged with a heat-generating or heat-conducting component and which is utilized by  
3        applying electricity or heat.

1        10.       A method for taking a dental impression comprising the steps of:  
2                selecting a dual arch dental impression tray suitable for taking an impression of the oral  
3        structure of interest;  
4                procuring a support material which either loses rigidity as its temperature changes from room  
5        temperature to intraoral temperatures or can be bitten through;  
6                applying the support material to the tray;

1 placing a quantity of impression material in the tray;  
2 placing the impression-material-loaded tray in the patient's oral cavity;  
3 causing the patient to bite into the impression material;  
4 allowing the impression material to cure; and  
5 removing the impression and tray from the patient's oral cavity.

1 11. The method of Claim 10 wherein the support material contains a food.

2 12. The method of claim 11 wherein the food contains a sugar.

3 13. The method of claim 11 wherein the food is selected from the group consisting of chocolate,  
4 vanilla, cookies, and bread.

5 14. The method of claim 10 wherein the support material contains a wax.

6 15. The method of claim 10 wherein the support material contains a plastic.

7 16. A method for taking a dental impression comprising the steps of:  
8 selecting a dual arch dental impression tray suitable for taking an impression of the oral  
9 structure of interest;

1           adding a component to the tray which can help support the tray before it is delivered to the  
2           mouth and which can be removed, adjusted or altered to reduce such support once the patient has  
3           bitten into the tray;  
4           placing a quantity of impression material in the tray;  
5           placing the impression-material-loaded tray in the patient's oral cavity;  
6           causing the patient to bite into the impression material;  
7           removing, adjusting or altering the component so as to effect a reduction in the amount of  
8           support it was giving to the tray;  
9           allowing the impression material to cure; and  
10          removing the impression and tray from the patient's oral cavity.

1       17.    The method of claim 16 wherein the component added is a removable wire.

1       18.    The method of claim 16 wherein the component added is a movable pin attached to the tray.

1       19.    The method of claim 16 wherein the component added is a clamping instrument.

1       20.    The method of claim 16 wherein the component added is the user's hand removably affixing  
2       two parts of the tray to each other.